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THURSDAY, OCTOBER 2, 2014

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# II PORT NEWS

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**RECOVERY:** Turns out learning to walk again wasn't the greatest thing Alex Kapellas could do

## A fall to grace

**CHERYL CLOOK**  
QMI Agency Niagara

He was high up on a ladder when he first heard the song. His dad had died of cancer a couple months earlier, and his thoughts started to wander: did he make it into heaven? Where was he now?

It was spring, the day was overcast and there was still snow on the ground. Yet in that moment, lost in his thoughts, he felt a warm breeze glide across his face.

Alex Kapellas, 42, who back then owned a contracting company in Port Colborne, knows it sounds a little contrived. Wishful thinking, maybe. Still, at that junc-

tion of time and mind, he was overcome by a certainty, a comfort that he would see his father again one day.

"Reassurance has a good feel," says Alex.

And that's when he heard the song. On his battery-operated Ryobi radio that kept him company at every job site.

Carry Me. A song by Canadian singer/songwriter Ray Lyall.

*Carry me, carry me, cuz I can't make it on my own.*

*Carry me, carry me back home -*

Those words. That moment. His thoughts. An ephemeral moment in time, yet a power-

ful, lasting reassurance. "You know that everything's going to go alright," says Alex. "It was like God saying, 'I've got this.'"

Less than a year later, he heard it again.

This time, though, his life was barely past the threshold of being forever changed.

Lying in a 6 West hospital bed at the Hamilton General, he had just been transferred from ICU. A week earlier, he had fallen off a ladder while installing a window at a house in Port Colborne. He broke three vertebrae. And he was a quadriplegic.

See KAPELLAS on Page 2



CHERYL CLOOK/QMI AGENCY NIAGARA

Alex Kapellas, 42, used to own a contracting company in Port Colborne. In 2010, he fell off a ladder and became a quadriplegic. These days, his energy is directed at opening the PoCo Youth Centre, a place in Port Colborne for youth to hang out, talk and just be. The centre will open Monday, Sept. 22 in The Hub, 72 Charlotte St. He is pictured here, inside and outside of The Hub.

HometownRealEstateGuy.com

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## UPFRONT

■ KAPELLAS

## “I had no idea where I was headed in life at all”

From Page 1

“My independence was just taken from me,” he says.

“That song came on in a moment when I was feeling like, ‘This is it. I’m going to be in a bed for the rest of my life.’

Again, he found comfort in its message.

“It was like God saying, ‘I’ve got this. Just hang in there and I’ll show you where you’re going with this.’

At first, Alex thought it meant he would walk again. Then he realized that maybe life had something different planned.

Four years after the accident, he has a different goal.

On this day, Alex sits in his wheelchair across from the mascot parking lot on Charlotte St. in Port Colborne and talks about his new dream.

PoCo Youth Centre. A place for kids to hang out, talk, and just be.

The journey just got to get there, to a point where the centre will open on Monday in a space called The Hub, has been fueled by passion, hope and an unwillingness to give up. And while it will run in a space offered to him by St. James and St. Brendan Anglican Church, it’s not a religious outreach.

Alex’s vision is for a safe place for kids to gather. To hang out. He hopes to find more volunteers and build partnerships with other community groups, and offer life skills programs like cooking and budgeting, and maybe expand into a place for teens’ room to shoot hoops or play ping pong.

It will be open every Monday and Wednesday, 5 to 9 p.m.

Alex has a passion for helping youth.

But what’s a boards-and-nails guy know about kids?

“Turns out, lots.”

“Yeah, kids are more complex,” he says, smiling.

When he’s finished laughing at himself, he starts talking about his own life.

**ALEX WAS NO angel growing up.**

He smoked. Experimented with some drugs. And parted. In his own words, he was cocky and carried a chip on his shoulder.

He’s been bullied, and he has been a bully.



SUPPLIED PHOTO

Alex Kapellas, 42, used to own a contracting company in Port Colborne. In 2010, he fell off a ladder and became a quadriplegic. These days, his energy is directed at opening The PoCo Youth Centre, a place in Port Colborne for youth to hang out, talk and just be. The centre will open Monday, Sept. 22.

He dropped out of high school when he was 17. (Actually, he went back for three months when he was 18. “Does that count?” he asks.) He has four Grade 9 credits.

And he’s good at relating to kids.

Out on his own, Alex started working alongside his dad, Steve, a contractor who installed windows and siding. He also worked for a bit at Pinty’s Delicious Foods, a chicken processing plant where he chased chickens around in a sweltering heat.

But his dream was always to start his own company. In 1995 while working odd jobs, he registered his business, World Class Exteriors. Then in 2007, on what might be described as either a leap of faith or an impulsive gamble, he quit the full-time job at Pinty’s to build his business. His ambition was to be bigger than television celebrity contractor Mike Holmes.

And then the accident.

Officially, his label is high-functioning quadriplegic. He can move with his right hand, and move his middle finger slightly on his left. He uses a manual wheelchair, self-propelled by that fine line between determination and stubbornness.

And he has an impressive

network of support. His wife, Michelle, and their children, Amber, 19, Megan, 16, and Stephen, 13. And attendants who visit him through a program of the Niagara Centre for Independent Living, who help him with activities like showering, getting dressed and dinner preparation.

He dresses around in a big blue suit with hand controls. By swivelling the driver’s seat and using only sheer arm strength to move what is dead weight from the waist down, he can slide onto his wheelchair, then wheel himself out on a hydraulic ramp.

He’s at a point in his journey where he’s wondering if the wheelchair just might be part of a plan whose origins are bigger than himself.

It’s built perseverance. Character. And empathy.

“I’m a different person,” he says.

**AFTER HIS ACCIDENT**, his red F150 work truck sat in his driveway for more than three years. He just couldn’t get rid of it. Wasn’t ready.

A few months ago, he sold it. “To a wrecked no less. And except for the toolbox that used to be his dad’s, he’s given away his tools to a friend.

He pauses a moment. “My goal was to get up and walk

again,” he begins.

“I had that goal for a long time, too.”

He used to work out at Brock’s gym for spinal cord injuries. Though it might get him walking again.

“I just wanted to be the way I was,” he says.

“But one of the inevitable things in life is change.”

It’s not that he’s given up on walking. He’s just taking a break. In his words, “It’s on the back burner.”

Not long after The Standard wrote about Alex in 2012, he found a letter in his mailbox. It was put there by the woman who delivers his mail.

She wrote that he was an inspiration to her. At the time, Alex didn’t think so. “All I wanted to do was get back to the way it was,” he says.

They had coffee one day. Talked about religion and God’s plan. They exchanged books — Alex gave her Mitch Albom’s *Have a Little Faith* while she gave Alex *Life Lessons*, by Elisabeth Kubler-Ross.

It got him thinking. “People always try to hold on to things, no matter what the circumstances are,” he says.

He thought about all the people he met since his accident. Thought about his faith. And thought about his life with a

## DETAILS

**What:** PoCo Youth Centre. A not-for-profit organization, governed by a board of directors, that provides a safe place for kids to hang out, talk and just be. It’s geared to youth ages 12 to 18.

**When:** Open every Monday and Wednesday, 5-9 p.m.

**Where:** The Hub, 72 Charlotte St., Port Colborne.

**Details:** The centre is looking for volunteers to help staff the nights, and community partners to help fund and offer different programs for youth.

**For more information,** contact Alex Kapellas at [kapocye@hotmail.com](mailto:kapocye@hotmail.com)

## wheelchair.

“The people He’s introduced me to is not really about me walking again,” says Alex.

“I kinda just want to help people.”

**ONE OF THE PEOPLE** he kept thinking about was Ray Lyell, the guy whose song got stuck in his head that day up on the ladder.

He thought about how the lyrics always seemed to come into his head when he needed them most.

So one night, he was at his computer reading about stem cell transplants when he heard it again.

A third time. Surely, it was a sign.

Alex looked him up online, discovered he lived nearby and in a should-I-or-should-I-not moment, wrote him a soul-felt e-mail about the impact the song had on his life.

He got a reply the next day. A year later, Alex and Ray met for coffee and talked for two hours.

Turns out Ray works at a youth centre in Dunnville, and they talked about helping kids.

Alex started volunteering at the centre. He’s also part of Port Colborne’s accessibility committee.

And he’s back in school.

He’s taking courses at Niagara College to earn his counselling

and human skills certificate.

So when a guy knocked on his door wanting to buy his red truck, Alex was ready. Sold for \$250.

“There’s a time in life when you have to let things go,” he says.

“Even if I do walk again, I’m 42 now....” His voice trails off.

“I’m not going to climb a ladder again.”

**YES, THERE HAVE BEEN** moments of self-doubt.

Like the time he had an appointment to talk about PoCo Youth Centre with a potential community partner.

Problem No. 1: He couldn’t find an accessible parking spot. No. 2 — halfway up the wheelchair ramp, he discovered the automatic door didn’t open. Stuck there, he called out for help. A neighbour came to his aid, wheeled him safely backward and pointed out another entrance, with another ramp.

No. 3 — this time, the automatic door opened. But when Alex wheeled in, he was faced with a second set of doors, with no automatic opener.

He begged on the door, but no one came. Now late for his appointment, he tried calling. No cell service. So, humiliated and defeated, he wheeled himself back to his car.

He thought, “I can’t even get into a building. What am I supposed to do?”

“I was done, finished with the whole life.”

And then he learned something important. It’s OK to ask for help sometimes. And maybe, he just wasn’t meant to be at that appointment on that day.

“Maybe I wasn’t ready for what was behind that door,” he says.

He’s ready now.

“Two years ago, I was lost,” says Alex.

He had no idea where I was headed in life at all. All I thought was that I’m supposed to get up and walk again. And that’s what the great miracle.

“This whole journey has been about acceptance and helping people,” he says.

“It’s overwhelming sometimes, how much more to life there is than just getting up and walking.”

# CALNEWS

■ **ELECTION:** Businessman one of three candidates in race for Port Colborne mayoral seat

## Davies looking to take care of business

**MARYANNE FIRTH**  
QMI Agency Niagara

The term he's seeking may only be four years long, but Fred Davies has a 10-year plan for Port Colborne.

The 54-year-old businessman, one of three hopefuls to become the lakeside city's next mayor, believes that while possible, it will take more than one term in office to get Port Colborne where it wants and needs to be.

"We're at a crossroads," Davies said.

"If we focus on things we can control, we can grow our local economy and new investment will follow."

The general manager of South Niagara



FRED DAVIES

Community Futures Development Corp. and local restaurateur has set his sights on renewing infrastructure, promoting economic development and revamping Port Colborne's downtown, calling each "vital for the city's evolution."

Putting investment into downtown will encourage new business and new jobs, which Davies said will then spin off into residential and industrial development.

"It's not my experience that chasing big fish is an efficient way of creating economic development," Davies said, adding larger companies often know what they're after and how to find it.

Eighty per cent of new jobs come from

existing industry, he said. By focusing on what it's able to change, Port Colborne can encourage not only new investment, but also business retention and expansion that will translate into new jobs at existing businesses.

Davies said there has been much talk recently about the lake-

side city's debt load.

"My infrastructure plan would limit the impact on taxes and be strategically designed to use existing debentures due to expire," he said.

"We can tackle major infrastructure issues with intelligent financial management."

If the city "twins infrastructure renewal with downtown development, we'll kill two birds with one stone and can maximize the impact on the community," he added.

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Twitter: @mfrthfrbne

■ **ELECTION:** Port Colborne mayoral hopeful eager to make an impact

## Experience key in Maloney campaign

**MARYANNE FIRTH**  
QMI Agency Niagara

John Maloney believes it all comes down to experience.

And the 69-year-old Port Colborne mayoral candidate is confident his past will reflect well on the lakeside city's future.

Maloney served for 15 years as the area's member of Parliament and spent two decades, including nearly one as city solicitor, practising law in the community.

Concerned about the state of Port Colborne, Maloney said it was the right time for him to step forward and pursue the role of mayor.

"We have a lot of issues here," he said.

"Deteriorating infrastructure — sanitary sewers and water lines — rising taxes and water rates, and we have a declining residential, commercial and industrial tax base."

But fixes often don't come cheap.

Maloney believes his time in federal politics will help him to acquire the upper-level government funding Port Colborne needs to address some of these issues, infrastructure in particular.

"I know where to go to get help at the



JOHN MALONEY

provincial and federal levels," he said.

"I'm not afraid to pick up the phone and make those calls. We'll be looking for programs the city can qualify for."

Port Colborne's residents "cannot afford to shoulder the whole load," Maloney said, adding he feels he has an "edge to extract those (government) funds."

"Infrastructure work is expensive, but it's the backbone, the skeleton of further development."

The lakeside city also needs assistance to service its available industrial lands, he said, to further encourage new industry.

"Upper-level dollars are becoming more scarce, so we'll need to work our darndest to open those wallets — and we will."

Maloney believes his time as city solicitor also gave him a solid understanding of the inner workings of city hall.

"I was advising the council of the day, staff and administration," he said, while adding there "will be no learning curve" if he's elected.

maryanne.firth@summedia.ca  
Twitter: @mfrthfrbne

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### MORE MONEY IN...LESS MONEY OUT



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# IMPORT NEWS

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## Trudeau accepts Sun News Network apology

QMI Agency

On Monday the Sun News Network apologized to Liberal leader Justin Trudeau for a segment it says was in poor taste. "In a monologue that aired September 15, 2014, on The Source, host Ezra Levant criticized Justin Trudeau for 'photobombing' a bridal party. In this monologue he detailed a number of controversies involving Justin Trudeau's parents and their marriage," the network said in a statement Monday. "It is the view of Sun News that this segment was in poor taste and should not have been aired. We understand why many viewers found both the content and language of this segment to be offensive.

"We apologize to Mr. Trudeau, his family and to our viewers."

Last week, Trudeau vowed not to talk to any English-language reporter from Sun Media — the country's largest newspaper publisher and operator of most widely-watched French-language television channels, TVA and LCN as well as the English-language cable news channel Sun News Network — until the matter of Levant's editorial was dealt with by the company.

After the apology aired ahead of Monday's broadcast of Levant's program, Trudeau's office issued a brief statement.

"We accept Sun News' apology. We look forward to (Sun Media) journalists resuming participation in Mr. Trudeau's press conferences," Trudeau's communications director Kate Purchase said in a statement.

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### ■ I'VE BEEN THINKING

# There is still life in us, no matter what age

REV. THOMAS R. ARTH  
For InPort News

Last week my brother sent me an e-mail in which it said he had been listening to some Genesis albums that were used to listen to when we were teenagers.

In fact, the very first concert we ever went to was at the CNE Grandstand in Toronto to hear Genesis. That was 32 years ago in August.

Then this week my cousin sent me a Facebook message to say that Bruce Springsteen is a senior citizen. He turned 65 on Sept. 23. I saw him in concert at the CNE 30 years ago in July.

I don't remember the last time I went to a rock concert. Now I'm driving my kids to concerts instead. Maybe it's one of the changes that comes with age but I know men older than me who still go to concerts. I guess it's just not something I'm still in to.

Lately I'm starting to feel my age a little more. My job has me sitting at a desk a lot. I'm not as active as I should be. I have good intentions of going out and getting more exercise but I just don't get myself up and going.

The other week as I was walking into the bank a young woman held the door for me. This wasn't a girl but a young woman. I wanted to hold the door

for her but she was holding it for me. Maybe it's the grey in my beard (OK and some grey in my hair) that makes me look old. I'm not about to start colouring my hair or beard, that's just not my style.

When my cousin messaged me about Springsteen being a senior citizen I replied that we're closer to 50 than we are to 40. In fact I'll be 48 the day after Thanksgiving. He said that sometimes, at least in his mind, he still feels like a teenager. Maybe that's the secret, and maybe that's why reminders that I am getting older bug me. I might sometimes feel like I'm getting older but I'm still a lot younger in my mind.

When I drive my kids to a concert I remember my own concertgoing days and it doesn't seem like 30 plus years ago. When I swim at the beach with my kids it doesn't seem that long ago that I was a kid jumping in the waves. When I take my girls to university I quickly hear them talk to my university days. My body might not be able to do what it did 30 years ago but I can, and will, so something to change that. But some things really are in our minds.

My parents are both in their early 80s and in pretty good health. My grandmother died just over a year ago at the age of 102. One of my grandfathers made it to his early 90s. So if genetics

have anything to do with it I should have quite a few good years left.

No matter what our age, whether we're healthy or infirm, there is still life in us. One of '0 God, you have taught me since I was young, and to this day I tell of your wonderful works. Now that I am old and grey-headed, O God, do not forsake me, till I make known your strength to this generation and your power to all who are to come" (Psalm 71:17-18). The prophet Isaiah told the people that God would always be with them, "even to your old age I am he, even when you turn grey I will carry you. I have made, and I will bear; I will carry and will save" (Isaiah 46:4).

I'm actually thankful that I'm growing older. As they say, it's better than the alternative. It means I'm still alive, living the life God has given me. You might think I'm silly to dwell on this aging thing. Some might even laugh and say, "48, I wish I was still that young." It's all a matter of perspective. I don't get down about it, it's just that sometimes it's on my mind. But I am sustained by my faith in God. I don't dread my upcoming birthday. I'm not embarrassed to tell my age. I give thanks and praise to the God who gives me life and love day by day.

Rev. Thomas R. Arth serves at First Evangelical Lutheran Church at 688 Elm St., Port Colborne

## Shipwrecks – The Green Bay

SKIP GILLHAM  
For QMI Agency Niagara

The Green Bay was built as a C-4 class troop transport at Vancouver, Wash. It was completed in 1945 as Marine Marlin and could handle 3,485 soldiers per trip. After the Second World War, there was talk of transferring the vessel to the United States navy but it spent many years instead in the Astoria, Wash., reserve fleet. The ship was rebuilt as the cargo carrier Green Bay at Tampa, Fla., in 1965 and came to the Great Lakes in 1967.

The 139.38-metre-long Green Bay was carrying military supplies to Vietnam to aid the war effort when it sank, due to an underwater explosion, on Aug. 17, 1971. It is believed that a Viet Cong frogman slipped into the water and placed the explosive while it was the harbour at Qui Nhon.

Green Bay was refloated on Sept. 1, 1971, but deemed a total loss. The hull was towed to Hong Kong and broken up for scrap in May 1972.



Green Bay, shown in this undated photo.

HARRY STOTT PHOTO

## ELECTION

# Three vie for two seats in Port Colborne's Ward 1

Candidates (two to be elected)

## Dave Elliott

Age: 51

Occupation: Freight broker/  
realtor

Family: Wife Sandy, four children and two grandchildren

Previous political experience: Served the past four years on Port Colborne city council representing Ward 1

Community work: Volunteer with Port Colborne food drive and local food bank. Volunteer with Canal Days, Flavours of Niagara, Downtown BIA festivals and events, and Port Cares fundraisers. Spiritual Life Board member with Port Colborne Baptist Church.

Top issue: My top issue is developing and implementing a strategic plan for the City of Port Colborne. This includes a thorough review of budgets, events,

operations and facilities. We need to prioritize how we allocate our finances and how the corporation operates.

Why are you running?: I want to see this strategic plan implemented. I previously raised this issue at council and believe I know the issues that need addressing. I am a strong voice that will get this done.

Why should voters choose you?: I believe I have served the residents of Port Colborne well the past four years. I have been the voice that has stood against, in my opinion, unnecessary spending. I have always put the residents first in my decisions at council.

Contact Info: (Home) 905-835-5536; (Cell) 289-668-3283; daveelliott5@gmail.com; Facebook: Dave Elliott; Twitter:



DAVE ELLIOTT



JOHN MAYNE

@rockinward1; 520 Clarence St.

## John Mayne

Age: 67

Occupation: Retired industrial plumber

Family: My wife Mickey and I have two daughters and seven grandchildren. We are fortunate to have one of our daughters and her in-laws all reside in Port Colborne.

Previous political experience: This is the first time I have ever run for elected office.

Community work: I was a Port Colborne volunteer firefighter for 25 years. I am a member of the Port Colborne-Wainfleet Chamber of Commerce and I served as chair of the marina board.

Top issue: Fiscal responsibility

Why are you running?: I actively follow municipal government by attending council meetings and council meetings of commerce. This is the right time for me to make a positive impact on my community.

## ELECTION

# Sloat ready to make 'tough decisions'

## MARYANNE FIRTH

(MI) Agency Niagara

Mike Sloat is already looking forward to Dec. 1.

For the Port Colborne mayoral candidate, that inaugural meeting of council is the day he can start addressing the issues he's seen bubbling up in the lakeside city.

"I'm not afraid to make the tough decisions that need to be made, and made immediately," the 52-year-old restaurateur said.

The city is in need of a leader who is ready to say no to unnecessary spending, he said.

"I have a lot of gas in the tank and I'm ready to go"

Having owned a business in Port Colborne for the past 10 years, Sloat has interacted with "hundreds of people a week" and gained a strong sense of just what businesses and residents in the community both want and need.

Excess spending has long been a concern, he said, adding he wants to "take a good, hard look" at where the city's funds are going.

"You have to take a business approach and not spend more than you have."

Sloat believes infrastructure renewal needs to be addressed, and quickly.

"We have almost \$1 million go down the drain a year. That needs to be fixed as soon as possible," he said, citing a recent report that Port Colborne loses about \$963,000 a year due to water leaking from pipes, storm water and lines being flushed.

To address the city's aging pipes,

it may mean putting some capital projects on the back burner for the time being, he said.

Sloat also plans to address the city's climbing debt load and tax rates, and wants to put a focus on economic development.

Port Colborne's economic development arm has been "stagnant" since the departure of the city's economic development director in 2013, Sloat said.

"Their sole job is to develop the economy, and that's not being done," he said, adding he wants to see the position reintroduced.

"As they say, if there's no one steering the ship, you're going to hit the rocks."



MIKE SLOAT

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- Encourage user friendly City Hall
- Continue meeting with representatives from construction industry to promote residential, commercial & industrial development
- Market Port Colborne as a great place to live, work & play, promoting tourism by leveraging our culture & heritage

Contact me at: 223 King Street  
jmaloney6@cogeco.ca • 905-933-1061

Experience • Integrity • Commitment

# Three vie for two seats in Port Colborne's Ward 1

**From previous page**  
Why should voters choose you: I am a good listener, I am approachable and I believe in collaboration.

Contact info: 905-941-6151; mmaynel19@gmail.com; Facebook: John Mayne for Ward One Councillor

**Michael Reles**  
Age: 34  
Occupation: Communications specialist at Niagara Peninsula Conservation Authority

**Family:** Son Preston, age 3  
**Political and professional experience:** None  
**Community work:** Volunteer for the City of Port Colborne, Canal Days

**Top issue:** Long-term debt for the City of Port Colborne has quadrupled over the last two budgets while core infrastructure such as water, sewer and roads has not been made a priority. We need to make improvements to infrastructure a high priority and end the reckless spending.

**Why are you running?:** I am running because I love this city and want to see a more balanced approach to spending. I have always considered running for council and by attending council meetings on a regular basis, I

begin to feel that the city deserved better representation and leadership from councillors.

**Why should voters choose you?:** I am this election's youngest candidate and promise to bring fresh ideas to the table. There is a strong need for a more balanced approach to spending between infrastructure improvements and large capital projects. I will be the individual who follows through for all residents of Port Colborne.



**MICHAEL RELES**

Contact info: 905-235-7334; keeple@reles.ca; www.reles.ca; www.facebook.com/votereles; twitter.com/michaelreles.ca; linkedin.com/in/michaelreles

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# Trade sheep for sleep

Natural remedy helps sufferers of insomnia catch up on their Z's



DR.  
**GIFFORD-JONES**

## The Doctor Game

How much tiger is in your tank as you start the day? Not much, if you've been tossing and turning at night due to sleep apnea. Or if your partner has shaken the foundation with his or her snoring. Insomnia and snoring affect millions of North Americans and can be associated with serious health problems. Now, a natural remedy, Bell Sound Sleep, helps this troubling dilemma.

You're in excellent company if you suffer from insomnia. Napoleon, Sir Isaac Newton, Winston Churchill and Thomas Edison all tried to count sheep without success. Others, such as Marilyn Monroe, used increasing amounts of prescription sleeping pills, with tragic results.

Sleep deprivation can also have far-reaching consequences for our environment. It's believed to have been a factor in the crash and oil spill by both the Exxon Valdez and the Chernobyl nuclear disaster.

So how many hours of sleep do we need? Alexander the Great won many battles because he needed little sleep and could "cat nap." But most people require seven to eight hours to function well.

Researchers believe sleep allows the body to prepare itself for another day. If this doesn't happen due to chronic insomnia, the risk of a number of health problems is increased. For instance, the Nurses Health Study at The Harvard Medical School followed 70,000 nurses for 10 years to determine what, if any, medical conditions resulted from insomnia. This showed that women who slept for five hours had a 39% increased risk of heart attack, compared to those who had eight hours of sleep. Sleep apnea, in which breathing temporarily stops several times during the night, poses other problems. During these episodes a decreased amount of oxygen reaches the brain, triggering increased blood pressure and a more rapid heart rate. If this occurs night after night the risk of heart attack and stroke rises.

Insomnia also has an impact on today's epidemic of



LORDALE/FOTOLIA.COM

diabetes. University of Chicago researchers required a group of young men to sleep just four hours a night. This caused an increase in blood sugar, a decrease in the hormone insulin, and a 40% decrease in the rate sugar was removed from the blood. Sleep debt also increases the appetite and food consumption. It's believed that the hormone leptin gives us a good feeling when we've had sufficient food. But insomnia decreases the amount of leptin causing a craving for food, particularly carbohydrates.

Studies done at the University of California show that tossing and turning at night also puts the immune system at risk. Researchers found that healthy men, deprived of partial sleep for just one night, have a less effective immune system the following day. Their natural killer cells that fight infections and cancer were compromised.

So what's the best treatment for insomnia? Napoleon believed he could sleep only if his feet were pointing south. W.C. Fields, the comedian, used to seek sleep in a barber's chair, or on a pool table. Still others need a warm bath before retiring, staying up later or reading a book. And some resort

to expensive pressurized masks attached to a machine.

The best approach, to insomnia and snoring is to keep it simple, particularly since studies show that 45% of the population has this problem. It makes no sense to take prescription drugs when a natural product is available. Bell Sound Sleep is approved by Health Canada and contains melatonin, camomille, fleur de la passion, skullcap and valerian, all natural ingredients. The suggested dosage is four capsules initially. This can be reduced to three or two capsules as sleeping habits improve.



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[www.healthycupboard.ca](http://www.healthycupboard.ca) • [healthycupboard@gmail.com](mailto:healthycupboard@gmail.com)

ELECTION

# Four-way race in Port Colborne's Ward 2

Candidates (two to be elected):

## Casey Biko

Age 40  
Occupation: Purification tech, Jungbunzlauer Canada, 10 years.

Family: Wife Karen and son Alex, 12.

Community work: executive officer with Port Colborne Marine Auxiliary Rescue, Canadian Coast Guard, Port Cares.

Why am I running? We need a voice in Ward 2 for a change. The change we deserve!

Top Issues: Poverty reduction programs and out-of-control spending. Need to prioritize spending. Invest in critical infrastructure first. We also need to ensure accurate municipal and



CASEY BIKO

financial information with the public.

Why should voters choose me? It's time for a change. We need to get away from the over spending and concentrate on our roads, water mains and sidewalks.

Contact information: casey\_biko@yahoo.ca; www.VoteBiko.com; 905-658-2541

## Angie Desmarais

Age 61 years  
Occupation: Self-employed customer service consultant

Family: Husband Gilles, son Chris and daughter Jennifer



ANGIE DESMARAIS

Previous political experience: Past four years on Port Colborne council

Community Work: East Village Action Committee (EVAC), Niagara Community Foundation Port Colborne, Greater Niagara Circle Route committee, Canal Days advisory committee, community safety committee, senior citizens advisory council, volunteer management committee.

Top Issue: Replacing aging infrastructure

Why am I running? I am running for council because I care deeply for the people of the ward and I want to continue making a difference in Ward 2.

Why should voters choose me? Quite simply,

because I have the ability to do the job and I have a proven track record of working hard for the people of the east side.

Contact Info: 905-835-5021; adesmarais2@gmail.com; Facebook: Vote for Angie Desmarais - Ward 2

## Yvon Doucet

Age 63  
Occupation: Retired teacher

Family: Married to Carole for 41 years. Two sons, Eric and Luc, two grandchildren, Joshua and Collin.

We have lived at our Ward 2 home for the past 32 years and both my sons live in the ward.

Previous political experience: 17 years as the City of Port Colborne Ward 2 councillor

Community Work: Presently working with the East Village Action Committee (EVAC) to improve the south area of Ward 2. Also working with Every Kid in Our Community to help children at risk in our ward.

Top Issue: Continued investment in our infrastructure especially in the southern area (East Village) and the West-

ington, Humbolt, Clark Sts. storm sewer area.

Why am I running? I enjoy meeting people and helping them with their issues. I have been involved with the public for many years and there are issues for this ward that are still outstanding although we have made progress on the infrastructure of both areas mentioned above.

Why should voters choose me? I have the experience and time to spend helping resolve constituents issues. I also have the experience needed to complete the infrastructure projects needed to help this ward move on.

Contact Info: 905-834-6896; yvonn@yvondoucet.ca; Facebook: Yvon Doucet; www.yvondoucet.ca



YVON DOUCET

## Tim Hoyle

Age 41  
Occupation: Assistant manager, Buffalo State College

Family: I'm a longtime resident of the City of Port Colborne. I have been married to Sandra Scorzafava - Hoyle for 17 years with two children.

Previous political experience: Grew up with a parent in local politics as Councillor for Ward 1 for years and gained vital familiarity to the political landscape in Port Colborne.

Community work: Active Port Colborne volunteer firefighter; 3rd director, Port Colborne Minor Hockey; president, Port Colborne Girls Hockey Association

Top Issues: Fiscal accountability to taxpayers and infrastructure improvements

Why are you running? I felt it was time to bring new ideas and fresh perspective to council for Ward 2 in Port Colborne. There is a need to develop a more productive plan for Port Colborne's future.

Why should voters choose you? What I will bring is a new focus on accountability and sustainability in improving the future of Port Colborne. Port Colborne needs a more accountable system of checks and balances by council on how taxpayer money is spent, though not to impede on development. The ideal goal is to create a sustainable future for the citizens of Port Colborne we represent.

Contact Info: hoylet@gmail.com; 905-835-8077



TIM HOYLE

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More On/Behind The Philadelphia Story. Photo by David Cooper

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# LOCAL ELECTIONS

## ELECTION

### Three seeking Port Colborne's Ward 3 spots

Candidates (two to be elected)

#### Frank Danch

**Age:** 53  
**Occupation:** Retail Home Hardware Building Centre owner  
**Family:** Wife of 29 years, Kim, daughter, 25, son, 22

**Past political experience:** I spent the past four years representing the City of Port Colborne

**Community Work:** Honorary (retired) firefighter, 15 years; Minor girls softball; Minor boys baseball

**Why are you running?:** Running again to be a voice for the working people of the city. Voting for me is a positive move and someone that thinks carefully before he spends needlessly

**Top issue:** No specific issue, I would



FRANK DANCH

like to see some movement in the operation centre

**Why should voters choose you?:** Choose me because it's the right choice, a person that takes it serious and attends on a regular basis, maybe a little attendance would be a good topic?  
**Contact info:** 905-834-4913; frank.danch@sympatico.ca

#### Beatrice Kenny

**Age:** 65

**Occupation:** Patient registration clerk with Niagara Health System (part-time)

**Family:** Husband Wayne, children Leah and David, and grandchildren Cameron, Alexander, Daphnei, Brock and Erik

Continued on next page

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- Focused on Regional Infrastructure Improvements such as: local Water Treatment Plant upgrades; Killaly St. road reconstruction; upgraded siding at Northland Pointe; funding set aside for a new water tower
- Barrick successfully lobbied against the closure of the local police detachment

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**Mark Culbertson, Agent**  
200 Main Street West  
Port Colborne, ON L3K 3V4  
Bus: 905-835-0521  
Tel: 905-835-1252  
www.markgibson.ca

### Participants needed for WIND ENERGY RESEARCH STUDY

Researchers in the Department of Geography at Western University are conducting a study in the Wainfleet area on the planning process of wind energy development. We are specifically looking for residents 18 years and older who live within approximately 2 km of a local wind turbine. Participants will be asked to sit down for a face-to-face interview (45-90 minutes) at the time and place of their choosing. The purpose of the study is to learn more about the siting process by asking people who recently went through turbine development to share their views. The project is funded by Western University and the Metcalf Foundation.

More information can be found at [www.coarep.uwo.ca](http://www.coarep.uwo.ca) or by contacting Chad Walker (researcher) 519-961-2111 ex. 62918 ([cwalker2@uwo.ca](mailto:cwalker2@uwo.ca)) or Jamie Baxter (principal investigator) 519-961-2111 ex. 81241 ([jamie.baxter@uwo.ca](mailto:jamie.baxter@uwo.ca)).

## THE RECORD MATTERS

The Mayor said, "he will 'put up a strong fight' to keep Port Colborne's police station open." (Welland Tribune: September 24, 2013)

Yet "He eventually voted to make the \$328,000 cut...the number matches projected savings from the police's Port Colborne office into Welland." (Pelham News: Nov 7, 2013)

# LOCAL NEWS

## ELECTION

# Three seeking Port Colborne's Ward 3 spots

**From previous page**  
Previous political experience: 17 years as ward three councillor.

**Community work:** Volunteer at Flavours, Canal Days and Lions annual food drive.

**Top issue:** 18 months the taxpayer! New and experienced councillors must work together as a team to make sure their issues are heard. It is always difficult especially during budget deliberations to keep tax increases low while

continuing to move our city forward. We must be ready to take advantage of federal and provincial dollars with our shovel ready projects. As always health issues are a concern for all and I will continue with our health services co-ordinator to recruit new physicians to our community.

**Why are you running?** I



BEA KENNY

have once again put my name forward because I love our city. I am honoured to have earned the confidence of the taxpayers over the past years and I will continue to work hard to serve them.

**Why should voters choose you?** I have 17 years experience at the council table. I also work with many citizens of our city who sit on committees of council that

make our community a better place to live. I am approachable and respond to each and every call I receive. I am respectful of taxpayers' ideas and brought one forward this term that was made into a bylaw.

**Contact info:** 905-834-7685; bkenny@cogeco.ca

**Todd Klacko**

Age: 46

**Occupations:** Educational assistant with the District School Board of Niagara

**Previous political experience:** None

**Community work:** Port Colborne Minor Baseball volunteer for 17 years (coaching and executive member)

**Top issue:** Fiscal responsibility. We need to be aware of where our money is being spent and make sure it benefits the city.

**Why are you running?** To



TODD KLAACKO

provide new representation for my ward. To hold companies to the jobs they have tendered at the prices they were tendered for.

**Why should voters choose you?** We need new blood on council that will ask questions and look for the best solutions.

**Contact info:** tklacko@cogeco.ca; 905-834-0923

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**Bob Clatter**  
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**Wesley Persa**  
Sales Representative

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<b>2010 HONDA ELANTRA</b> 21,000Kms, 1-Owner Fresh Arrival	<b>2011 MAZDA2</b> 16,000Kms \$12,988 + hst	<b>2006 HONDA ACCORD</b> 128,000Kms, No Accident History, Fresh Arrival	<b>2007 CHEVROLET TRAVERSE</b> 136,000Kms \$13,488 + hst	<b>2007 BUICK ALLURE CXL</b> 132,000Kms \$10,288 + hst	
<b>2012 TOYOTA YARIS</b> 1-Owner Non-smoker, 4-Cylinder Automatic, Cloth Interior, Power Windows/Door Locks				<b>MONTHLY FEATURE</b> 66,000Kms \$13,488 + hst & Licensing	

# LOCAL NEWS

## ELECTION

# Incumbents acclaimed in Port's Ward 4

### Ron Bodner (acclaimed)

**Age:** N/A  
**Occupation:** Business owner.  
 Family: Married 46 years to wife Claire, two adult sons and a granddaughter.

**Previous political experience:** Currently serving third term as city councillor for Ward 4 in Port Colborne, served one term as Port Colborne mayor, Chair Niagara South Coast Tourism Association; initiator of the community strategic plan, Old Humberton Revitalization and Gateway project and Niagara Mayors' Network. Member Heritage Port Colborne, Roselawn Centre for the Living Arts, Port Colborne Hydro board.

**Community work:** Port Colborne/Wainfleet Partnership recruitment, retention and medical education committee, South Niagara Community Futures Development Corp., United Way, Showboat Festival Theatre, Port Colborne Lions. Coach and referee Port Colborne Minor Hockey, coach minor baseball.

**Top issues:** N/A

**Why are you running?/ N/A**

**Why should voters choose you?/ N/A**

**Contact info:** 905-834-6269; Mailing address: 3174 Firelane 5; ronbodner@portcolborne.ca

### Barbara Butters (acclaimed)

**Age:** 61

**Occupation:** People's representative.  
**Family:** Married to Larry — retired paramedic, mother of two, grandmother of two.

**Previous political experience:** I was first elected in 1997 as Ward 4 councillor and have volunteered in many political campaigns over the years at the federal, provincial and municipal levels.

**Community work:** Board member for Port Cares, Bridges Community Health Centre, Port Colborne Felina Initiative, Friends of Roselawn, as well as many city committees including Heritage PC, chair for Niagara Airport Commission, environment advisory committee, Niagara Causes committee.

**Top issue:** Attracting and retention of business which translates into jobs, followed closely by equitable access to health care.



BARBARA BUTTERS

**Why are you running?/ Change is the one constant we all must deal with in our city. How we manage the changes to best**

**benefit the people of Port will be our ultimate challenge. My commitment to that ended started in 1997 and continues today.**

**Why should voters choose you?/ I work hard for people and I don't quit.**

**Contact info:** 905-834-4005



### THE CITY OF PORT COLBORNE

#### 2014 MUNICIPAL ELECTION

#### NOTICE OF VOTE, ADVANCE VOTE AND PROXY VOTING MUNICIPAL ELECTIONS ACT, 1996 (S. 40)

**NOTICE** is hereby given to the municipal electors of the City of Port Colborne that voting will be held upon the dates and at the times and places stated in this notice for the purpose of electing persons to the following offices:

**Mayor** (one [1] to be elected at large by all electors)

**Councillor Ward One** (two [2] to be elected by ward vote)

**Councillor Ward Two** (two [2] to be elected by ward vote)

**Councillor Ward Three** (two [2] to be elected by ward vote)

**Regional Councillor** (one [1] to be elected at large by all electors)

**Trustee for the District School Board of Niagara** (one [1] to be elected at large by the English Language Public School electors of the municipalities of the City of Port Colborne and the Town of Fort Erie)

**Trustee for the Niagara Catholic District School Board** (one [1] to be elected at large by the English Language Separate School electors of the municipalities of the City of Port Colborne, the Town of Fort Erie and the Township of Wainfleet)

**Trustee for the Conseil Scolaire de District Catholique Centre-Sud** (one [1] to be elected at large by the French Language Separate School electors of the municipalities of the City of Port Colborne, the Town of Fort Erie, the Town of Pelham, the Township of Wainfleet and the City of Welland)

Acclamations have been declared for the following offices:

**Councillor Ward Four** - Ron Bodner and Barbara Butters

**Trustee for the Conseil Scolaire Vamonde (French Language Public School Board)** - Derrick Fournier

#### ADVANCE POLLS:

**Date:** Wednesday, October 15, 2014

**Location:** Vale Health and Wellness Centre, 550 Elizabeth Street

**Time:** 10:00 a.m. to 8:00 p.m.

**Date:** Saturday, October 18, 2014

**Location:** Municipal Offices, 66 Charlotte Street

**Time:** 10:00 a.m. to 8:00 p.m.

**Date:** Wednesday, October 22, 2014

**Location:** Port Colborne Mall, 287 West Side Road

**Time:** 10:00 a.m. to 8:00 p.m.

Those electors requiring special assistance are encouraged to vote at an Advance Poll.

#### REGULAR POLLS:

**Date/Time:** Monday, October 27, 2014, 10:00 a.m. to 8:00 p.m.

**Voter Notification Cards** are being sent to all persons on the Voters' List in mid-October indicating the place where they may vote. It will facilitate voting if electors present their card at the Poll. If you are an eligible voter but do not receive a card or you need more information, please contact the Clerk's Office at 905-835-2900 or visit the City's website at [www.portcolborne.ca](http://www.portcolborne.ca).

#### PROXY APPLICATIONS:

Any qualified elector may appoint another person who is a qualified elector in the same municipality to vote on his/her behalf. For more information and to obtain the "Appointment for Proxy Voting" form, please contact the Office of the City Clerk, Municipal Offices, 66 Charlotte Street, Port Colborne or 905-835-2900.

A person appointed as a proxy may apply for their proxy voting certificate in the Office of the City Clerk after 2:00 p.m. on Nomination Day, September 12, 2014, up to and including Election Day, October 27, 2014, during regular working hours (8:30 a.m. to 4:30 p.m.) or on each day of an Advance Vote from noon to 5:00 p.m.

Ashley Grigg, City Clerk  
& Returning Officer

Documents related to the 2014 Municipal Election, including this notice, are available in alternative formats upon request.

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■ **PORT COLBORNE:** Citizen scientist requests delay in grass cutting to save butterfly eggs

## 'Mecca for monarchs'

**MARYANNE FIRTH**  
OMI Agency Niagara

The wings aflutter leave  
Patty Moss in awe.

It's nothing the "citizen scientist" hasn't seen before, but she still revels in its beauty.

The Port Colborne resident has been working to help the monarch butterfly population again flourish in the lakeside city and she visited city hall to ask council to aid her in her mission.

Though she knows it's a big ask, Moss requested that the city delay its roadside grass cutting in rural areas from July 1 to Oct. 1.

Moss, who collects data on the bright orange and black butterflies for several U.S. universities, said she was astounded earlier this year to find more than 250 eggs in milkweed patches growing along nine rural Port Colborne roads, covering an area from Hwy. 140 to Brookfield Rd., and Third Concession to Lake Erie. The

number of eggs grew from more than 100 collected the year before.

Knowing they would be destroyed when grass cutting began, Moss collected the eggs and brought them to her home where they continued their life cycle.

Monarchs filled her living and dining room areas and she spent about three hours every day throughout the summer feeding the insects and changing their individual containers.

As they emerged as butterflies, they were individually tagged with Monarch Watch stickers containing contact information so their migration can be tracked. Moss also tested each butterfly for parasites, releasing only the healthy specimens.

Pollinators, such as butterflies, bees and moths, are required for two-thirds of Niagara's fruits and vegetables, Moss said, while adding healthy crops rely on their existence.

Port Colborne has three scheduled grass cuttings a year on rural roadsides. By omitting the second round of cutting, money will be saved and the insect population will be assisted, Moss said.

Curbing cutting until Oct. 1 will help to ensure pollinators have the food they need until frost arrives, she added.

"I would like to see if there's a way to work with Patty," said Ward 4 Coun. Barbara Butters.

Public education, she said, will be key if the city moves forward with the initiative, as not everyone will be happy about roadsides going uncultivated.

"We could take some baby steps," Butters said, recommending a pilot project be started or cutting stalled on a trial basis.

"Port Colborne already sounds like it's a mecca for monarchs."

Two days prior to the council meeting, Ward 4 Coun. Ron Bodner got together with about a dozen local cash crop



MARYANNE FIRTH/STAFF PHOTO

Port Colborne resident Patty Moss is looking to help save the monarch butterfly population in the lakeside city. Moss has been tagging the butterflies with small stickers to help collect research data for U.S. universities.

farmers to get their take on the topic.

"They are extremely concerned when bearing about not cutting weeds on side of the road," he said, while adding farmers would actually like to see more weeds cut to prevent unwanted seeds from mixing with their crops.

However, Bodner said he would like to see Port Col-

borne try to highlight itself as a "butterfly-friendly city" with gardens planted on city property to attract the colourful winged creatures.

While Moss appreciated the garden idea, she said monarchs tend to move along linear lines, which is likely why roadsides have been their chosen spot to lay eggs in the lakeside city. Roadways, riv-

erbeds and train tracks tend to provide an easy route for the butterflies to follow, she added.

Council approved a motion made by Ward 1 Coun. Bill Steele to refer the issue to Port Colborne's environmental committee for further review.

maryanne.firth@sunmedia.ca  
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## BIZBUZZ

## Dawg's heading to Port

MARYANNE FIRTH  
QMI Agency Niagara

Dog Kelly is ready for a lakeside view.

At the end of November, the owner of Dawg's Burgers & Pies will be moving the popular Prince Charles Dr. fry truck from its Welland home to a new spot in Port Colborne.

Kelly will be taking over The Ice Box on city-owned property beside H.H. Knoll Lakeview Park and Sugarloaf Harbour Marina.

He will run the eat-in restaurant, its adjoining mini-park, as well as the fry truck, all under the Dawg's name.

While the fry truck has found success in Welland while under Kelly's ownership the past four years, the Port Colborne resident has aspirations to see the business continue to grow.

"I've always had my eye open for a restaurant, a small restaurant," Kelly said. About six weeks ago, he heard rumblings the owners of The Ice Box were looking to retire and the business was going to be for sale.

Kelly immediately jumped on the opportunity.

Port Colborne council approved the five-year lease agreement for the city-owned property on Monday night. Sale of the business from the existing owners is expected to be finalized on Friday.

"I'm looking forward to going to Port Colborne," said Kelly, who called the new location ideal with close proximity to the city splash pad and an "abundance of parking."

"It's location, location, location, as they

say."

He has already drummed up a number of ideas for ways his business can get involved with existing park activities, as well as ideas for new activities he'd like to introduce, including a motorcycle night at the park and food truck invitational.

Kelly plans to introduce breakfast in the dine-in restaurant, as well as subs and hot sandwiches.

The former Welland volunteer firefighter also intends to offer his famous firehouse chili, as well as homemade soups, during the colder months once Dawg's is up and running in its new location.

He's hopeful the restaurant will remain open through the winter, offering apple cider and hot chocolate for tobogganers and other people looking to escape the cold.

"Those are the people who will be back in the summer," he said.

Dawg's will remain open in Welland until the last week of November. Work will be done to ready the new restaurant throughout the winter with plans to open in April.

"I'm sorry to be going but excited to start a new chapter in Port Colborne," said the 59-year-old.

Kelly is hopeful his Rose City clientele will make the trek to Port Colborne occasionally.

"We'll make it worth their while to travel," he said with a laugh.

"This is not your average fry truck. I spend a lot of money to make it inviting," he said, adding the fresh food also puts Dawg's ahead of the pack.

If you have a business tip, send it to [maryanne.firth@summedia.ca](mailto:maryanne.firth@summedia.ca) or call 905-684-7251 ext. 1144.

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## ■ EDUCATION

# Catholic board impresses in math, literacy EQAOs

DON FRASER  
QMI Agency Niagara

Niagara's four school boards got generally decent grades in the latest province-wide literacy and math test results.

Last Wednesday, the Education Quality and Accountability Office released results of Ontario Secondary School Literacy Tests written in Grade 10 and Grade 9 math tests written by students in the 2013-14 school year.

Niagara Catholic District School Board did especially well, topping the provincial averages in applied and academic math and literacy test in scores from two-six percentage points higher than the provincial average.

In a release, education director John Crocco congratulated students and staff for their "hard work throughout the year."

"We are exceptionally proud of the dedication to academic excellence demonstrated by our students and staff," said Crocco.

At District School Board of Niagara, 82% of students who wrote the literacy test for the first time met or exceeded the provincial standard.

That standard is measured as Level 3 on a 4-point scale, equivalent to a 'B' grade.

It represents an increase of two percentage points over the previous year's results and four over the Board's 2010-11 results.

DSBN's math scores remain an issue with the board, but results are improving.

Its applied and academic math results were three and four percentage points below the provincial standard, respectively.

In Grade 9 academic math results, 81% of DSBN students met or exceeded the provincial standard.

That's a two percentage point jump over 2012-13 and eight percentage points higher

## EDUCATION QUALITY AND ACCOUNTABILITY OFFICE 2013-14

### Grade 9/10 EQAO Results

#### DSBN Province

Applied Math 44% 47%  
Academic Math 81% 85%  
Literacy 82% 83%

#### NCDSB Province

Applied Math 53% 47%  
Academic Math 87% 85%  
Literacy 87% 83%

#### Viamonde (French public) Province

Applied Math 53% 47%  
Academic Math 79% 84%  
Literacy 90% 88%

#### District Catholic Centre-sud (French Catholic) Province

Applied Math 59% 51%  
Academic Math 86% 84%  
Literacy 90% 88%

-note French EQAO results are not comparable with English results

than 2010-11.

Applied math results rose five points from the previous year and eight from the 2010-11 results, with 44% percent of applied students successful on the test. It's a better overall string of math gains than for the provincial average.

"DSBN students continue to make encouraging progress on the evaluations," said Helen McGregor, the board's superintendent of education. "And you can see we've got improved results (in all three latest measures)."

"We're very pleased with it and it's encouraging," McGregor said. She said there have been "constant gains over time, which is what we're about — constant improvement."



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# PORT COLBORNE - WAINFLEET CHAMBER OF COMMERCE

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## MESSAGE FROM THE PRESIDENT

"It is with mixed emotion that the Port Colborne-Wainfleet Chamber of Commerce announces that their Executive Director, Jackie Jaroslawski is moving on to a new position and while we hate to see her go we wish her all the best in her new endeavours", stated Chamber President, Stephanie Babin.

"Jackie has worked very hard for our organization, developing a strong value proposition for our Membership that we intend to continue building upon. We do not want to lose any of the momentum we have worked so hard for over the past few years." Babin further explained that the Board wanted to ensure that there was no disruption of services to the membership, and that all programming continued as planned.

To accomplish this, our neighbouring Chamber has graciously offered to assist us with our administrative duties and upcoming events, under the direction of Executive Director Dolores Fabiano. This will be for a short term period as we restructure our office thus providing us the time to assess our future recruiting needs.

Babin was very clear, we will continue to operate as the Port Colborne-Wainfleet Chamber of Commerce and commit to taking care of the unique needs of our members and have a presence in our Community, but at this time it makes sense to work with our colleagues in Welland/Pelham. "Dolores brings with her a wealth of knowledge and expertise that will benefit our Chamber and our members during this time of transition."

Contact information for the Port Colborne Wainfleet Chamber of Commerce remains the same at:  
phone - 905-834-9765 • fax - 905-834-1542

email - [office@pcwchamber.com](mailto:office@pcwchamber.com) • [www.pcwchamber.com](http://www.pcwchamber.com)



**Stephanie Babin**

### *Upcoming Events*

**October 21, 2014 • Chambers Lunch and Learn - Social Media**

**October 22, 2014 • Business After 5 Meridian Credit Union**

**November 6, 2014 • Business Tradeshow Italian Hall**

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# PORT COLBORNE - WAINFLEET CHAMBER OF COMMERCE

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FINALLY Port Colborne has its first full-service bakery again! Congratulations to Chamber Member Fay DeFazio from the Market Cafe.

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## Quarterly Business

## CANADIAN TIRE STORE

Pictured: Canadian Tire Store owner Paul Brennan, managers Christal Acton, Joe Sammons and Chamber President Stephanie Babin



The Port Colborne-Wainfleet Chamber of Commerce is very pleased that Newport Signs owned and operated by Frank Di Bartolomeo is the winner of our 'Out with the old and in with the new ... Logo that is!' challenge.



PORT COLBORNE - WAINFLEET  
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We would like to thank everyone who took the time to submit a logo.



# PORT COLBORNE - WAINFLEET CHAMBER OF COMMERCE

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## SPOTLIGHT ON BUSINESS



**Kim Hart & Jane Nigh**



Ten Thousand Villages is a boutique that brings a world market to Port Colborne. They sell the handicrafts and tell the stories of artisans from 30 developing countries. This happens through the establishment of long-term fair trading relationships which provides artisans with a secure future, access to education and health care for their children.

The dual mandate of "Port Gift 'N Thrift" when it opened on Charlotte St. in 1984 was to showcase and sell the "Self-Help Crafts" from Mennonite Central Committee as well as gather funds for further relief and development through the sale of thrift items. These two operations co-existed for 18 years.

Self Help Crafts changed names to become "Ten Thousand Villages". This name came from a quote from Gandhi " ... India is not to be found in its few cities but in the 700,000 villages ...

" At Ten Thousand Villages each village in the world represents a unique and distinctive people, offering extraordinary products born of their rich cultures and traditions.

The incentive to split into two stores in 2002 was to promote growth. Ten Thousand Villages moved next door and tripled its sales in five years. From there they moved to its current location on Clarence Street.

The store's success is thanks to strong support from the community in the form of volunteer workers, shoppers, churches, and educators.

They are now offering made to order Fair Trade café lattes and espressos for your enjoyment!

## PRESIDENT'S AWARD RECEPTION

"Back to school means planning has begun for the President's Award Reception.

Mark your calendars for March 25th, 2015. A night to celebrate the great children, youth, citizens and business people we have among us in the communities of Port Colborne and Wainfleet."

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# PORT COLBORNE - WAINFLEET CHAMBER OF COMMERCE

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This Lunch and Learn workshop will focus on 3 free online tools that any business can quickly master! Real life local business examples will help you understand why your business needs to be part of the online conversation!

**WHEN:** Tuesday October 21, 2014 from 11:00am - 1:00pm

**WHERE:** Port Cares Community Room

92 Charlotte St, Port Colborne, ON L3K 3E1

**Timeline:**

11:00 am: Networking / registration

11:30 am: Lunch (Included in your registration fee)

11:45am to 1:00pm - speakers on Twitter, Facebook and LinkedIn

Registration Fee

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Don't miss out on the fun from 4:00-7:30 PM, Thursday November 6 at the Italian Canadian Culture Centre. Hope to see you there !

# LOCAL NEWS

## Apartment fire breaks out on Charlotte St.



GREG RUDWINGER/STAFF PHOTO

Port Colborne firefighters emerge from a rear apartment at 50 Charlotte St., where at about 4:10 p.m. Sunday they were summoned to a small fire. No one was injured and damage estimates weren't immediately available. The building also contains two businesses, the Adore Once More used children's clothing store and Dr. David Scobie's The Art of Smiles Denture Clinic.



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■ **MENTAL HEALTH:** Region's suicide statistics paint grim picture

# Niagara suicide services need more funding, resources, experts say

GREG FURMINGER  
QMI Agency Niagara

"Every nine days someone dies in Niagara because of suicide." That's a chilling picture painted by Joanne Bovine, co-chair of the Niagara Suicide Prevention Coalition, of a region where crisis intervenors and support services workers say much more can be done to address the issue.

It was at a roundtable discussion last Friday at Port Cares, hosted by Welland MP Malcolm Allen, that mental health and crisis workers said there is not enough money provided by all levels of government for suicide.

And the limited money that is awarded now comes with too many restrictions — spending deadlines; it cannot be used on programs or services that may overlap with other mental health areas, those that may receive funding from different sources; it's one-time funding only.

"Our community partnerships are one of our biggest suc-

cesses, because without them we wouldn't be able to do anything," said Bovine, who works for the John Howard Society.

The local suicide prevention coalition, a group that includes more than 20 Niagara agencies and services, expects by the end of this year to release a Niagara-specific report in the topic with six key recommendations.

But there were plenty offered up for the MP when there seemed to be consensus among the three dozen people at the forum that the subject nature merits more than the 30 minutes that were set aside last Friday morning.

Among other pressing issues in Niagara: suicide support is severely lacking for its rural and isolated populations; transportation to services is a problem and followup care can take too long to receive, if it's available.

While there are great groups, there's very little post-suicide supports in place.

Much attention is focused

on prevention, but far too little emphasis is put on intervention and "postvention" resources and services.

It was also noted that in a region for which 14 child psychologists are prescribed, there are only 3.5 assigned full time.

Money was the constant theme.

"If you look at what we're spending on suicide research, it's telephone numbers," said Rory Butler, founder of Welland-based YourLifeCounts.org.

"At the end of the day, we have five- and six-year-olds dying by suicide... and that's disgusting."

Suicide, suggested Sandra Wong, doesn't seem to be on many policy-makers' radar.

"Until they face it head-on with their own family..." she said, trailing off.

Wong, co-ordinator of Brock University's aboriginal student services, and an aboriginal herself, said there's also a need to involve and address certain

group's specific needs.

"Aboriginals have the highest rate of suicide in the country, maybe the world," she said.

"Trying to fit all people into one square box doesn't work."

It was also suggested during the Port Colborne forum that there are gaps or room for growth in services for the lesbian-gay-bisexual-transgender community.

However, those people who make themselves available to people contemplating taking their own life, or those left victims in the act's wake, do take pride in what they have been able to accomplish to this point. Even in local schools.

"For our elementary and secondary students and parents, we've been doing a lot of suicide awareness training," said Niagara Catholic District School Board superintendent Lee Ann Forsyth-Sells, adding said safeTALK training is planned for teachers.

SafeTALK training takes about three hours and is aimed at teaching people over the age of 15 to identify people with thoughts of suicide and connect them to suicide first aid resources. Niagara Suicide Prevention Coalition received funding this year to deliver it to 500 people.

Others highlighted making comprehensive lists of where to turn for help for their clients and the general population.

But improvements prescribed by the group Friday also included need for more satellite mental health services offices, a marketing of where to turn for help including the 211 phone number, and access to subsidized and transitional housing for people with mental illnesses.

It's those kinds of comments that Allen, whose sister has lived with schizophrenia her whole life, wanted to hear. "Quite frankly, you're competing for the government's attention," the New Democrat MP said.

From what he could make of last Friday's discussion, the local network's "weakness" is that it needs a strong advocate to lobby the government for more resources and funding.

"You can't let us lose sight; because we get pulled in different directions every day."

Losing a loved one is a priority, he said.

"How did we lose it off the table?"

In an interview after the event, Stacy Tracy, director of District Centre Niagara, said her 24-hour distress line receives upwards of 12,000 calls annually.

That's about 240 calls each week.

greg.furminger@smmedia.ca  
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## TRANSPORTATION

# 'Historic' moment for regional transit

**ROB HOULE**  
QMI Agency Niagara

Debbie Zimmerman calls it a "historic moment."

Members of Niagara Region's public works committee last week agreed to remove the words "pilot project" out of any reference to an inter-municipal transit system.

"I think everybody understands this has been a long road in coming," said the regional councillor from Grimsby, who although not a member of the public works committee, took in the discussion of a staff report that asked regional councillors to endorse the guiding principals for an inter-municipal transit system. "Removing that word 'pilot' sends a very clear message that this region is on the road to providing a transit system for all Niagara residents."

"This is a historic moment for us as citizens and as members of this council, so you should all be very proud of yourselves for the work you have done."

The region initiated an inter-municipal transit pilot project in 2011. At the onset of the pilot program, the region gave grants totalling \$3.7 million to the Welland, St. Catharines and Niagara Falls transit systems for the purchase of eight buses to be used to connect those municipalities, as well as Port Colborne, Port Erie and Thorold. The region has provided additional funding to

the transit systems on a yearly basis since the pilot program began. The pilot program was initially set to end this fall, but was extended until September 2015.

In endorsing the guidelines, regional councillors gave staff the go-ahead to continue working with Niagara municipalities in developing an inter-municipal system, which may or may not include the region running it.

"Today, we're only asking for approval in principal for the concept plan, and that this plan be used to inform discussion on how to build a Niagara-wide inter-municipal transit system," Erin O'Hoski, manager of partnership development, told the committee.

It was noted in her presentation that feedback from area municipalities "told us that the region needs to play a role, not necessarily in operating the service, but in facilitating, providing funding, co-ordinating customer service, ensuring access to social services and providing consistency with planning and economic development objectives."

Committee members unanimously endorsed the guiding principles, noting it was key in getting the province to extend daily GO rail service to Niagara and was an economic driver.

St. Catharines Coun. Al Caslin said it was time Niagarans "belly up to the bar" and fund a transit system that would allow workers in one area of

the region access to a job in another. It's "fundamental to have access to transportation," he said.

"The bottom line is that GO transit is not going to come to Niagara on a full-time basis if we don't get a regional transit

system," Port Colborne Mayor Vance Badawey, a co-chair of the transportation strategy steering committee along with Zimmerman, said. "By endorsing this report, quite frankly we are endorsing raising the bar to meet our brand,

and that brand is being a world-class destination."

While she was supportive of endorsing the plan, Niagara Falls Coun. Selina Voipatti said she had "reservations" about a staff forecast that put the regional cost of a regional

transit system in 2024 for each household at \$24 per year.

The endorsement now moves to regional council for final approval.

robert.houle@sunmedia.ca  
Twitter: RobHStandard



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BOB TYMCZYSZYN / STAFF PHOTO

Buses line up for passengers at the downtown terminal in St. Catharines.



## ■ PORT COLBORNE COUNCIL

# Warning letter for uncut grass shot down

MARYANNE FIRTH  
QMI Agency Niagara

Port Colborne won't be taking any extra steps to warn property owners who let their grass grow out of control.

The city's process for notifying property standards violators was under the microscope recently after a motion to have it changed was brought forward by Ward 2 Councillor

Angie Desmarais.

The existing process has staff green-tagging the property and posting a notice on the building citing a violation has taken place. The issue must be taken care of within five days or the grass will be cut by the city at the property owner's expense.

Desmarais hoped to see a letter sent out to the property owner on the same day the property is tagged to notify them of the violation. She felt it was

fair to inform the owner, particularly for landlords who do not live on site.

"This is not meant to slow up the process," she said, adding the letter would instead be for "information purposes only" to inform landlords a violation has taken place. It would not allow any additional time for compliance.

Other property standards violations, excluding grass cutting, receive a letter of notice that a violation has

taken place.

Acting chief administrative officer Dan Aquilina estimated sending letters to grass maintenance violators could cost the city an additional \$1,000 based on the number of complaints Port Colborne has received in the past.

In 2013, the city received 98 long grass complaints. That number has already grown to 121 complaints in 2014.

Despite the large number of complaints, the city has only had one property owner take issue with the process and claim they did not receive proper notice, said Ward 4 Councillor Ron Bodner.

"I don't know if we're trying to fix something here that really isn't broken," he said.

"It has worked for 120 people, but didn't work for one."

Out of the 121 tagged properties this year, 23 required the city to step in and cut the grass.

"Coun. Desmarais is talking about fairness, but how about fairness to the neighbours," Bodner said.

"People don't go out and measure people's grass," he said, adding the problem often festers before a complaint is filed.

"In some cases, we're talking about grass that's three feet high ... Neighbours have stewed over it for weeks and finally couldn't take it anymore."

The motion was ultimately lost and the process will remain as is.



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#NAGARAVOTES

# Wainfleet candidate says 'Don't vote for me'

GREG FURMINGER  
QMI Agency Niagara

One Wainfleet aldermanic candidate is insisting that people don't vote for her. Jo-Ann Stewart learned last

Wednesday that she has a new job in Whitehorse, Yukon Territory.

The administration officer for Brock University's faculty of social services has accepted a position as associate regis-

trar at Yukon College.

She starts in two weeks.

The list of registered candidates was confirmed on Sept. 15. The last day to withdraw was two days later.

"It's too late to take my

name off the ballot," she said. "So please, don't vote for me."

"I'm just trying to get the word out," she said Wednesday afternoon, and while noting she had not yet been able to inform her truck driver hus-

band, who was on the road, that she had received the job offer.

Stewart was one of Wainfleet's first candidates to register for the Oct. 27 election.

"I was looking forward to it."

Her campaign literature just arrived from the printing company she had hired.

Meanwhile, 10 candidates continue jockeying for four alderman seats in the municipality that has no ward boundaries.



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Who should get immunized? The following is a list from the recommended guidelines.

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  - CANCER, IMMUNODEFICIENCY, IMMUNOSUPPRESSION
  - RENAL DISEASE
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- ALL RESIDENTS OF NURSING HOMES OR OTHER CHRONIC CARE FACILITIES
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- PREGNANT WOMEN
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### PEOPLE CAPABLE OF TRANSMITTING INFLUENZA TO THOSE AT HIGH RISK OF COMPLICATIONS, INCLUDING:

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## Female body pulled from canal

Foul play is not suspected in the death of a female whose body was recovered from the Welland Canal Saturday morning in Port Colborne.

Niagara Regional Police responded to the area of the Clarence Street Bridge after a

body had been located. Port Colborne firefighters were dispatched to the scene at about 8:20 a.m. to assist in the recovery.

At the request of the family, police said, the name of the deceased will not be released.

### Impaired charges tied to wine fest

A total of five people were arrested for impaired driving

Friday and Saturday night as a result of RIDE checkpoints set up by Niagara Regional Police because of the Niagara Wine Festival.

Two others were charged with impaired driving Saturday night in the area of festival activities, police said.

Officers set up in various locations around St. Catharines' downtown core Friday in

anticipation of impaired drivers during the festivities, police said in a news release.

Officers stopped several hundred vehicles, which also led to one arrest for refusing to provide a breath sample plus seven tickets being issued for various Highway Traffic Act offences.

On Saturday night, officers set up on St. Paul St. and spoke to

close to 250 drivers leaving and coming into the downtown area.

Within the first hour of the RIDE initiative Saturday, three drivers were arrested for impaired driving and several tickets were issued for various traffic and licence offences.

The other two impaired arrests followed the RIDE checkpoint, when police "went mobile in the area."

# SPOTLIGHT on service

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**Book sale is this Saturday**

The University Women's club's 45th annual book sale is coming to the Niagara Regional Exhibition Grounds in Welland Saturday.

Proceeds from the Canadian Federation of University Women Welland District chapter sale are used to award local high school scholarships to eight young women who will be continuing studies at a university this year.

The sale runs 9 a.m. to 3 p.m. Donations of newer items in excellent condition are being accepted: books, magazines, CDs, DVDs, games and puzzles. Call Beth Jeffery at 905-835-2291 or e-mail [uwbooksale@yahoo.com](mailto:uwbooksale@yahoo.com) for more information.

The exhibition grounds are at 1100 Niagara St.

**Inmate death**

Niagara Regional Police called in the coroner's office after an inmate at the Niagara Regional Detention Centre died in hospital Saturday.

The inmate's injuries were not suspected to be the result of foul play. The Office of the Chief Coroner is charged with the investigation into the inmate's death.

On Sept. 22 at about 4-45 p.m., police were called to the

Niagara Detention Centre in Thorold to investigate a serious injury sustained by an inmate. The injured inmate was a detainee of the Canada Border Services Agency.

The inmate was taken to Greater Niagara General Hospital. He was listed in critical condition and remained in the intensive care unit, where he died.

CBSA would not provide any further information, other than

to say the family of the deceased have been notified and that they would be reviewing the circumstances of the incident. CBSA said the man's identity will not be released at this time. The detention centre referred media inquiries to the Ministry of Community Safety and Correctional Services, which did not respond to interview requests. The NRP also did not respond to interview requests.

# SPOTLIGHT

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# LOCAL NEWS

## MOVIES

# Local film company brings Left Behind to world

DON FRASER  
QMI Agency Niagara

A St. Catharines film company hopes the star power of Nicolas Cage will give its new movie that blockbuster edge.

*Left Behind* is based on a bestselling novel series that modernizes a biblical prophecy for which millions of people despair.

The maker of the \$16-million production is Stony Lake Entertainment, which focuses on faith-oriented movies.

It will be the first feature film for the St. Catharines-based firm.

"We wanted to make a bigger movie that would cross over to the mainstream and not just the faith-based audience," said

Paul Lalonde, who formed Stony Lake in 2012.

Lalonde, a Pelham resident, is also the screenplay co-writer of *Left Behind*, along with Welland's John Patus.

"We took nearly 1 1/2 years and wrote a much better script with this one," said Lalonde, 53. "It was a big undertaking ... you have to stay true to your core audience and keep them happy."

"And at the same time, you don't want to chase away your everyday Nic Cage fan; you want them to see a great movie — not have them walk out and think they got tricked into attending a sermon."

Lalonde also co-founded Cloud Ten Pictures in St. Catharines in 1995.

To date, Cloud Ten has produced nine feature-length films and 15 documentaries. The list includes an original trilogy of *Left Behind* DVD-release films from 2000-05 that starred Kirk Cameron.

The plot in Stony Lake's flick revolves around humans vanishing from earth. All that remains are their clothes and belongings. Chaos and disaster hammer the world, as airplane pilot Ray Steele (Nicolas Cage) struggles to save his passenger plane.

Meanwhile, Steele's family is dealing with disappearances of their own, due to the biblical event.

Filming took place in Baton Rouge, La., in the summer of 2013. The movie is directed by Vic

Armstrong (*Thor*, *Amazing Spider-Man*, *War of the Worlds*).

The producers say filming was done there as it ultimately proved lower cost through incentives than doing so in Toronto. They have shot previous movies in Toronto, but the tax credits were better in Louisiana.

"And it was hot in Louisiana," co-producer Michael Walker, 51, who lives in Burlington, said with a laugh. "Is there something more than 100% humidity — the answer is yes."

As for Cage's involvement, "It was a relentless pursuit, I really wanted Nic Cage," said Lalonde. "A lot of it is him in the cockpit under trying circumstances, so you need an A-list actor

who can pull it off."

The producers said they were finally able to convince Cage's team to read the script. Cage's manager passed it on to the actor, who was taken by it.

"Nic said, 'Yes, I will do this,'" said Lalonde. "That was one of the happier days of my life."

Why stay in St. Catharines and not do business in L.A.? Why not, said the local production team, adding their families are here and they like the area.

Meetings in California can be handled through travel and calls. "There's no reason to leave here just to make movies, there really isn't," said Lalonde.

"There are good things happening in St. Catharines ... this is where our home

## MOVIE FACTS

*Left Behind* will be released on Oct. 3 in Canada, the U.S. and worldwide, with 1,200 screens in North America booked as of last Monday.

The film will be featured as the opening night film at the Catalina Film Festival in California on Sept. 26.

For more information, visit [www.leftbehindmovie.com](http://www.leftbehindmovie.com) or visit the Facebook site at <https://www.facebook.com/leftbehindthemovie>

is," said Walker. "And this is a big deal."

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## TAXPAYER RELIEF

Biko listens to residents and knows folks on fixed incomes are finding it more and more difficult to make ends meet. That's why he volunteers regularly at the Reach-out-Food Centre on Nickel St. and supports poverty reduction programs. However, that's not enough, City Council has to stop its out-of-control spending, major tax increases and spiraling debt. Biko is committed to providing taxpayer relief.

## BACK TO BASICS

Biko will prioritize spending to invest in critical infrastructure first. Port Colborne's water/sewer lines have been left to decay far too long costing ratepayers too much in lost water. It's time to start planning properly to renew core services like roads, sidewalks and water mains.

## TRANSPARENCY & ACCOUNTABILITY

Biko will ensure accurate municipal and financial information will be shared with the public and create stronger partnerships with community stakeholders. He will also push for more recorded votes to let the public know where Councillors stand.



## ABOUT CASEY

Born and raised in Port Colborne, Biko has firm roots in Ward 2 where his family had a long established business on Main St., and later, where Casey had his own business. Biko is currently a Production Technician at local industry Jungbunzlauer and is a hard-working family man who would like to see value for tax dollars and greater transparency at City Hall.

## COMMUNITY LEADER

- Executive Officer with Port Colborne Marine Auxiliary (POCOMAR) and past Public Relations Officer.
- Canadian Coast Guard Search and Rescue Tech.
- Port Cares volunteer.

905-658-2541 | [Casey\\_biko@yahoo.ca](mailto:Casey_biko@yahoo.ca) | [www.vote4biko.com](http://www.vote4biko.com)